

WEIGHT CONTROL PROGRAM

For use of this form, see AR 600-9

Section I

OFFICE SYMBOL

(600-9a)

DATE

TO *(Soldier's name, SSN, and organization)*

FROM

CDR,

1. You have been determined to exceed the body fat standard and a goal of 3-8 pounds of weight loss per month is considered to be satisfactory progress. Failure to make satisfactory progress or achieve the body fat standards could result in separation from the service.

2. You have been flagged under the provisions of AR 600-8-2 and entered in a Weight Control Program.

Commander

Section II

OFFICE SYMBOL

(600-9a)

DATE

TO

CDR,

FROM *(Soldier's name and organization)*

I understand my responsibilities to achieve the body fat standards and to have my weight recorded periodically.

(Signature of soldier)

Section III

OFFICE SYMBOL

(600-9a)

DATE

TO

CDR, MEDDAC

FROM *(Soldier's commander)*

CDR,

1. _____ exceeds the screening table weight by _____ pounds and body fat standards by _____ percent.

2. Nutrition education and weight reduction counseling are requested in accordance with AR 600-9 (para 20b(1)).

Commander

Section IV

OFFICE SYMBOL

MCXM- (600-9a)

DATE

TO *(Soldier's commander)*

CDR,

FROM

CDR, MEDDAC

1. _____ has been provided nutrition and weight reduction counseling in accordance with AR 600-9.

2. Follow-up counseling should be provided at unit level using information in Appendix C of AR 600-9 and the assistance of master fitness trainers, if available.

Commander**Section V**

OFFICE SYMBOL

(600-9a)

DATE

TO

CDR, USAARMC, ATTN: ATZK-AGS

FROM *(Soldier's commander)*

CDR,

1. The soldier has been determined to be in compliance with the provisions of AR 600-9 and is therefore removed from the Weight Control Program effective this date.

2. The soldier's current weight is _____ pounds. Screening table weight ceiling is _____ pounds for present age category. Body fat content is _____ percent, which is within the AR 600-9 standards.

3. This form will be retained in the soldier's MPRJ for 36 months from this date.

Commander